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Beef Tenderloin With Marsala-Mushroom Sauce

Prep Time: 10 mins

Cook Time: 24 mins

Total Time: 34 mins

Ingredients

- ✚ 10 ounce(s) mushrooms, shiitake
- ✚ 16 ounce(s) beef, tenderloin steaks, 4 (4 ounce) steaks, trimmed
- ✚ 1/2 teaspoon pepper, black ground
- ✚ 1/4 teaspoon salt
- ✚ 1 teaspoon oil, olive
- ✚ 1/4 cup(s) shallot(s), minced
- ✚ 1/2 cup(s) wine, dry Marsala
- ✚ 3/4 cup(s) broth, beef
- ✚ 1/2 teaspoon mustard, dijon-style
- ✚ 1 tablespoon butter, light



Preparation

1. Remove and discard stems from mushrooms; slice mushrooms.
2. Sprinkle steak with pepper and salt; coat with cooking spray. Heat a large nonstick skillet over high heat. Add beef; cook 3 to 4 minutes on each side or until desired degree of doneness. Place beef on a platter; keep warm.
3. Heat oil in pan over medium heat until hot; add shallots, and sauté 1 minute. Add sliced mushrooms; sauté 4 minutes or until tender. Add wine; bring to a boil, reduce heat, and simmer 2 minutes.
4. Add broth and Dijon mustard; boil 5 minutes or until liquid is reduced by half. Remove from heat. Add butter; stir until butter melts. Spoon sauce over beef.

Yield: 4 servings (serving size: 1 steak and 1/3 cup mushroom sauce).